

VT MUNCH TIMES

Coming to a Tray near You!

5/29/14

VT Munch Times is a biweekly newsletter brought to you by the Child Nutrition Team at Vermont Agency of Education, designed to include a USDA Policy update, a fun nutrition fact and up-to-date resources for the coming weeks. Look for these updates every other Thursday!

Munch on this:

Policy Update: **Food Safety Plans**

Did you know that all schools are required to have a current food safety plan? If you don't have one for your program, don't fret there is a lot of information and many resources out there to help you create one! Do you have a plan sitting on a shelf covered in dust? Don't let words like **HACCP (Hazard Analysis Critical Control Points) or Standard Operating Procedures (SOPs)** scare you. The National Food Service Management Institute is there to help and has all the tools you need to create or update your plan: <http://www.nfsmi.org/ResourceOverview.aspx?ID=57>. With the school year quickly winding down, take the time needed to create or update your Food Safety Plan for the next school year. PS – A current food safety plan is required when you have your Administrative Review!

Reminders:

Community Eligibility Provision:

Make sure to complete and submit your data sheets with your school's/SU's number of directly certified students and indication if you are interested in serving free meals to all students through CEP or Provision 2 next year. Please send to Laurie Colgan at laurie.colgan@state.vt.us as soon as possible!

Save the Date:

Child Nutrition Programs' Summer Institute will be held August 11 – 15th at St. Johnsbury Academy. Be on the lookout for more info to come!

VT Higher Education Collaborative: Nutrition and Food Education Course (2 credits)

August 11-October 20, 2014

St. Johnsbury, VT & Online

This blended learning course is designed for K-12 school-based professionals (i.e. Health, PE, FACS, classroom teachers, nurses, counselors, food service providers, etc...) to learn how to teach nutrition education while working collaboratively across school and local community to establish healthful, sustainable, food systems for schools. The course will begin with a required face-to-face day on August

11th held in conjunction with the annual Child Nutrition Summer Institute in St. Johnsbury. The remainder of the course will take place in an asynchronous, online learning environment. Upon successful completion of this course, students will have:

- Explored strategies for standards-based instruction and assessment of K-12 nutrition education,
- Discussed common nutritional problems of children,
- Evaluated the impact of public health forces on nutrition habits of children,
- Explored the nutrient needs for childhood growth and development, including the Dietary Guidelines, and
- Developed a plan to work collaboratively across school and local community to establish healthful, sustainable food systems for schools.

Credit will be granted by Castleton State College. Course approval by the School Nutrition Association is also anticipated. Instructed by Erin Randall-Mullins, MAT. Registration will be available soon at www.vthec.org and on the Child Nutrition Programs Summer Institute registration website.

Webinar: Finding, Buying and Serving Local Foods: Using DoD Fresh to Purchase Local

Thursday, June 12, 2:00 p.m. EDT

During this webinar, we'll cover the basics of DoD Fresh and a few different models for how schools are receiving local products through DoD Fresh. The Texas Department of Agriculture will share how they have created a state-wide farm to school program by using DoD Fresh. To register, please click [here](#)!

Congratulations:

A great big CONGRATULATIONS goes out to the two newest schools in Vermont that have received the Healthier US School Challenge Award! Both [Ferrisburgh Central School and Richmond Elementary School](#) have received the Bronze award and should be congratulated for their hard work and dedication to the students at their schools! Way to Go!!!

The **HUSSC** is a recognition award for schools who have demonstrated a commitment to excellence in both nutrition and physical education to promote a healthier school environment for children. It is a wonderful accomplishment for the food service department, the students, the school district and the state of Vermont.

If you are interested in applying for the HUSSC, click [here](#) to get all of the info.

Recipes: Recipe of the Month: Sautéed Radishes*

Ingredients

2 bunches Radishes (3/4 lb.)

1 TBSP Extra Virgin Olive Oil

Pinch of Kosher Salt (1/16 tsp.)

Method

Trim and quarter 2 bunches of radishes. In a large pan over medium high heat, heat extra virgin olive oil until hot but not smoking. Sauté the radishes until lightly browned and tender-crisp, about 5 to 7 minutes. Season with just a pinch of kosher salt. Serve like potatoes and the kids will love it!

*recipe from [Nutrition Action Healthletter](#)

New School Cuisine Cookbook

Our latest resource to help schools meet the new USDA meals pattern and use fresh and local products in school meals.

Available online! http://education.vermont.gov/documents/EDU-New_School_Cuisine_Cookbook.pdf

Cookbooks Galore

A compilation of school food service cookbooks from all over the country

<http://healthymeals.nal.usda.gov/recipes/recipes-school-food-service>

Resources:

Whole Grain Resource for the National School Lunch and Breakfast Programs

A Guide to Meeting the Whole Grain-Rich Criteria.

<http://www.fns.usda.gov/sites/default/files/WholeGrainResource.pdf>

Harvest of the Month by [Green Mountain Farm-to-School](#), [Food Connects](#) and [Upper Valley Farm to School](#):

May's *Harvest of the Month* is Mixed Greens. The versatility of mixed greens, in flavor, shape and application is enormous! They can accompany any type of dish and, many varieties can be eaten raw or cooked. No matter what the season, fresh greens can end up on your plate. Mixed greens are excellent sources of vitamin A, B1 (thiamine), B2 (riboflavin), B9 (folic acid) and C, as well as the minerals calcium, chromium and manganese. Did you know that in China, lettuce represents good luck?

Posters, recipes, kid-friendly eating tips, lesson plans and more can be found for FREE download at www.VermontHarvestoftheMonth.org.

Find loads of resources and training opportunities on everything from regulations to recipes to nutrition education at:

[National Food Service Management Institute](#)

[School Nutrition Association](#)

[GCF Global Learning](#)

[School Meals Vermont](#)

USDA Foods Fact Sheets

This is where you can find nutrition information, as well as product descriptions, storage info, and preparation/cooking instructions for all USDA Foods. <http://www.fns.usda.gov/fdd/nsfp-usda-foods-fact-sheets>

Disclaimer: *VT Munch Times* provides general information to assist Vermont sponsors of the U.S. Department of Agriculture (USDA) Child Nutrition Programs. It does not represent all federal and state requirements and regulations regarding the operation of USDA school nutrition programs. The inclusion of links to external Web sites does not constitute an endorsement by the Vermont State Agency of Education to the information, products, services or opinions contained therein

VT Munch Times is [archived](#) on the Agency of Education website. For information which is three months or older, or for other questions, please contact Marianna Charalabopoulos, Child Nutrition Consultant, at (802) 479-1254 or marianna.charalabopoulos@state.vt.us

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